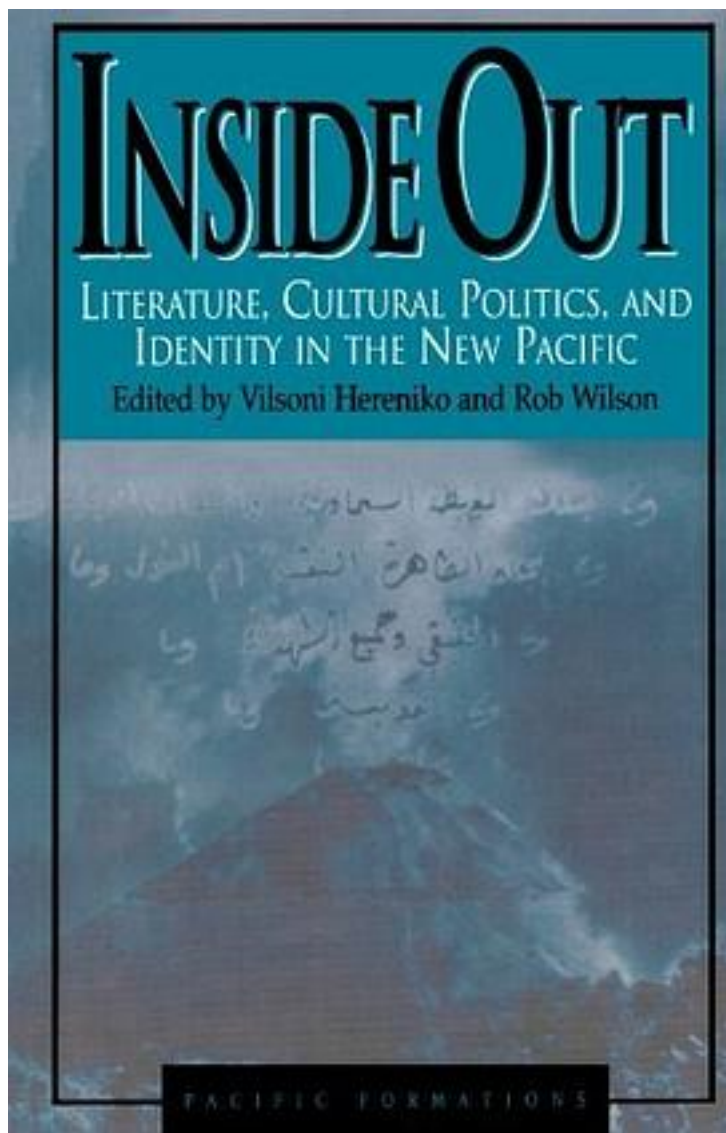


# Inside Out



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著者:Demi Moore

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INSTANT #1 NEW YORK TIMES BESTSELLER

Famed American actress Demi Moore at last tells her own story in a surprisingly intimate and emotionally charged memoir.

For decades, Demi Moore has been synonymous with celebrity. From iconic film roles to high-profile relationships, Moore has never been far from the spotlight—or the headlines.

Even as Demi was becoming the highest paid actress in Hollywood, however, she was always outrunning her past, just one step ahead of the doubts and insecurities that defined her childhood. Throughout her rise to fame and during some of the most pivotal moments of her life, Demi battled addiction, body image issues, and childhood trauma that would follow her for years—all while juggling a skyrocketing career and at times negative public perception. As her success grew, Demi found herself questioning if she belonged in Hollywood, if she was a good mother, a good actress—and, always, if she was simply good enough.

As much as her story is about adversity, it is also about tremendous resilience. In this deeply candid and reflective memoir, Demi pulls back the curtain and opens up about her career and personal life—laying bare her tumultuous relationship with her mother, her marriages, her struggles balancing stardom with raising a family, and her journey toward open-heartedness. *Inside Out* is a story of survival, success, and surrender—a wrenchingly honest portrayal of one woman's at once ordinary and iconic life.

作者介绍:

Demi Moore is an actress, producer, director and activist. She is known for her roles in *St. Elmo's Fire*, *About Last Night*, *Ghost*, *A Few Good Men*, *Indecent Proposal*, *G.I. Jane*, *Charlie's Angels: Full Throttle*, *Margin Call*, among many others. Moore is also a co-founder of Thorn, a non-profit that builds technology to defend children from sexual abuse, exploitation, and trafficking. She lives in Los Angeles and Hailey, Idaho.

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标签

美国

原版

memior

Moore

Demi

## 评论

小时候，认识并不多的女影星，黛米摩尔是其中的一个。怀着很大的好奇心去读她的回忆录，结果却很失望。整本书就是一个流水帐。而且我也是纳闷了，几乎所有的歌星，影星基本上都有一个不幸的童年，父母都是社会极品，而长大后的爱情婚姻生活也是像过山车一样。我的感觉就是她没有什么太多的思考，完全是跟着感觉走。

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I don' t know if it sounds pretentious but I think reading it just like reading my own diary

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太真实。合著者是记者，所以整体水平可以的。

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Rocky childhood

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人鬼情未了女主自传，即使原生家庭如此糟糕，15岁被亲妈强迫营业，也有酗酒情绪不稳定等各种问题，她的事业也算是异常顺风顺水了。感慨比较深的几处有孕照推动的新潮流，亲妈站狗仔队，拍激情戏时的body shame，矫枉过正（？）的parenting style，总体很赤裸真实，而且没有耻感。

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文字感觉被过度加工，反而失去了真诚和可信度。

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书评

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